



Clay County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Clay County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Clay County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School health policies strengthened or approved.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$800.

Community partnerships have been formed to address school health issues. Current partners include:

- Clay County Health Council,
- Family Resource Center,
- Clay County Drug Coalition,
- Plateau Mental Health,
- Clay County Health Department,
- Overton County Health Department
- Clay County Juvenile Court System,
- Clay County Sheriff Department
- Plateau Mental Health,
- Agricultural Extension Service,
- Drs. John H. Stone and Jean Donaldson, DDS,
- Clay County Diabetes Coalition,
- Youth Villages Mental Health Facility,
- Relay for Life,
- Second Harvest Food Bank,
- Cumberland River Hospital,
- 13th Judicial District Attorney General's Office

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These include Farm Safety Day, Mother/Daughter Tea, One Mile Run, Parent/Teacher Conference Materials, Red Ribbon Week, Dental program, Power U, Power Panther, Back Pack Program, "What's the Rush?", Relay for Life. Currently, 518 parents are collaborating with CSH.

Approximately 1036 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Clay County School System, the following health interventions have taken place:

School Health Screenings - 332 students screened and 80 students referred to health care providers;

Students have been seen by a school nurse and returned to class - 3563 total visits to the school nurse/ 3335 of those visits returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 49% of students are either overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples include physical education equipment and Take 10! curriculum;

Professional development has been provided to school health staff nurses, physical education teachers, and counselors. Examples include TTU physical education/wellness in-service for all physical education teachers, RHAT Conference for nurses and guidance counselors, April 2011 in-service in Murfreesboro;

School faculty and staff have received support for their own well-being through annual Clay County staff wellness promotion.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Dental Transport Program, Power Panther, Power U, hand washing and germ classes, physicals for kitchen staff, Red Ribbon Week, sports physicals, staff wellness promotions, Mother-Daughter Tea, What's the Rush, PE in-service TTU, H1N1 vaccinations;
- Physical Education/Physical Activity Interventions – One Mile Run, PE equipment purchased for all 4 schools, Farm Safety Day, Field Day, reward trips for area parks;
- Nutrition Interventions – Fresh Fruits and Vegetables grant, Back Pack programs, Power Panther, Power U, healthy snack cart, Increased use of whole grain products;

In such a short time, CSH in the Clay County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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